



The Logos Centre

Tees, Esk and Wear Valleys **NHS**

NHS Foundation Trust

"WAKING UP TO SLEEP PROBLEMS" 2 DAY WORKSHOP

Tuesday 12 October & Wednesday 13 October 2010

NICE recommends CBT as the preferable alternative to medication for treating insomnia, and a vast evidence base for its effectiveness exists. However, specific treatment of this common complaint is limited in availability. In addition, the negative effect on cognitive function and wellbeing caused by all types of sleep deprivation is an increasingly concerning public health issue.

For those seeing clients

- with primary insomnia, or with mental or physical health conditions worsened by poor sleep such as depression, bipolar disorder, pain, ME.
- taking hypnotics or street drugs for insomnia.
- needing improvements in poor sleep to help function at school, work or home.
- in settings where sleep is more difficult e.g being a carer, in long term care or prison.

For those practitioners

- interested in understanding sleep and sleep problems.
- wanting an introduction to history taking and formulation of a sleep problem.
- interested in role playing this process and introducing a sleeping better plan.

Attendees *do not* need previous experience in CBT – the workshop acts as an introduction to basic principles and, because it has a single symptom focus, allows confidence to develop in the delivery of a talking therapy.

Course Tutors: Dr Helen Oatway (Psychiatrist, TEWV NHS Foundation Trust). A personal interest in the management of sleep problems (she was the world's worst sleeper!), has led to the development of the *Sleep-pac: Supported Self Help for Sleep Problems*, presentations at the British Sleep Society and the winning of NHS Innovations North (service category), 2005.

Dates: Tuesday 12 October and Wednesday 13 October 2010

Time: Registration 9.15am 9.30am start – 4.30pm close

Venue: Allergate House, Belmont Business Park, Belmont, Durham
(free parking available)

Course Fee: Full Price: £180 for non-TEWV employees - including handouts, lunch & refreshments
£150 for employees of TEWV NHS Foundation Trust to cover the costs of lunch & refreshments – handouts provided
TEWV NHS Foundation Trust employees will need to apply for Study Leave using the Trust's Study Leave procedure & documentation

Course Details: Tel: 0191 241 4523
Fax: 0191 245 3802
Email: logotraining@benchcom.co.uk

Registration: Apply on-line at www.logoscentre.co.uk or send your registration forms to:
Logos Training c/o Benchmark Communications Ltd, 14 Blandford Square,
Newcastle upon Tyne NE1 4HZ



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REGISTRATION FORM
Waking Up to Sleep Problems

Tuesday 12 October & Wednesday 13 October 2010

First Name(s):

Surname:

Job Title:

Email address:

Organisation and Department:

Address:

POST CODE:

Contact details:

Phone:

Fax:

Please send a cheque for £180 - payable to Benchmark Communications Ltd

OR apply on-line at www.logoscentre.co.uk

Please Note: If you cancel your booking 14 days prior to the course date, you will be refunded the course fee minus a £20 admin charge. Candidates cancelling within less than 14 days will be charged the full course fee

How did you hear about the course?

Please indicate if you have any specific requirements:

any allergies / vegetarian or other diet / disabilities

Registration forms to be submitted to:

logotraining@benchcom.co.uk

Logos Training
c/o Benchmark Communications Ltd
14 Blandford Square
Newcastle upon Tyne
NE1 4HZ

Fax: 0191 245 3802